

**Personal Survival Techniques Updating Training Self Declaration Form**

I ..... declare that in the last 5 years I have completed onboard training and gained experience for maintaining the required standard of competence in the following:

|  | Tick if completed |
|--|-------------------|
| 1. Don a life jacket   |                   |
| 2. Board a survival craft from the ship, while wearing a life jacket         |                   |
| 3. Take initial actions on boarding a lifeboat to enhance chance of survival |                   |
| 4. Stream a life raft drogue or sea-anchor                                   |                   |
| 5. Operate survival craft equipment  |                   |
| 6. Operate location devices, including radio equipment                       |                   |

I have completed the above onboard the following vessels:

| Vessel Name | IMO Number | Dates onboard | Ship/ Company stamp and Sign |
|-------------|------------|---------------|------------------------------|
|             |            |               |                              |
|             |            |               |                              |
|             |            |               |                              |
|             |            |               |                              |

**SEAFARER'S DECLARATION**

I HEREBY DECLARE that the particulars in this record are correct and true to the best of my knowledge and belief and that data records submitted are true and genuine, given and signed by person(s) whose name(s) appear on them.

I MAKE this declaration conscientiously believing the same to be true and understand that it is an offence under the Merchant Shipping Order, 2002 if the documents are forged or obtained by fraud or the declaration is false in nature.

Ref: Merchant Shipping Order 2002 (S27/02) Standard of Training Certification and Watchkeeping Regulation, 2002. Part VIII Examination and assessment (Sub-Regulation 34).

Master or Company Reps Name: .....

Signed: .....

Seafarer Name and Signed: .....

Date: .....

**Proficiency in Survival Craft and Rescue Boats Other Than Fast Rescue Boats Updating Training Self Declaration Form**

I ..... declare that in the last 5 years I have completed onboard training and gained experience for maintaining the required standard of competence in the following:

|   | Tick if completed        |
|---|--------------------------|
| <b>1. Take charge of a survival craft or rescue boat during and after launch:</b>   |                          |
| <ul style="list-style-type: none"> <li>• Interpret the markings on survival craft as to the number of persons they are intended to carry,</li> <li>• Give correct commands for launching and boarding survival craft, clearing the ship and handling and disembarking persons from survival craft,</li> <li>• Prepare and safely launch survival craft and clear the ship's side quickly,</li> <li>• Safely recover survival craft and rescue boats.</li> </ul> | <input type="checkbox"/> |
|   | <input type="checkbox"/> |
|   | <input type="checkbox"/> |
|   | <input type="checkbox"/> |
| <b>2. Manage survivors and survival craft after abandoning ship:</b>  |                          |
| <ul style="list-style-type: none"> <li>• Steer a boat and steer by compass,</li> <li>• Use individual items of equipment of survival crafts, except for pyrotechnics,</li> <li>• rig devices to aid location.</li> </ul>  | <input type="checkbox"/> |
|   | <input type="checkbox"/> |
|   | <input type="checkbox"/> |
| <b>3. Use locating devices, including communication and signalling apparatus</b>  |                          |
| <ul style="list-style-type: none"> <li>• Use of portable radio equipment for survival craft</li> </ul>  | <input type="checkbox"/> |
| <b>4. Apply first aid to survivors</b>  |                          |
| <ul style="list-style-type: none"> <li>• Use of the first aid kit and resuscitation techniques</li> <li>• Manage injured persons, including control of bleeding and shock</li> </ul>  | <input type="checkbox"/> |
|   | <input type="checkbox"/> |

I have completed the above onboard the following vessels:

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|-------------|------------|---------------|------------------------------|
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Master or Company Reps Name: .....

Signed: .....

Seafarer Name and Signed: .....

Date: .....

### Fast Rescue Boats Updating Training Self Declaration Form

I ..... declare that in the last 5 years I have completed onboard training and gained experience for maintaining the required standard of competence in the following:

|  | Tick if completed |
|--|-------------------|
| 1. Take charge of a fast rescue boat during launch:  |                   |
| • control safe launching and recovery of a fast rescue boat.   |                   |
| 2. Take charge of a fast rescue boat after launch:   |                   |
| • handle a fast rescue boat in prevailing weather and sea conditions                                       |                   |
| • use communications and signalling equipment between the fast rescue boat and a ship and or a helicopter, |                   |
| • use the emergency equipment carried  |                   |
| • carry out search patterns, taking account of environmental factors                                       |                   |

I have completed the above onboard the following vessels:

| Vessel Name | IMO Number | Dates onboard | Ship/ Company stamp and Sign |
|-------------|------------|---------------|------------------------------|
|             |            |               |                              |
|             |            |               |                              |
|             |            |               |                              |
|             |            |               |                              |

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Master or Company Reps Name: .....

Signed: .....

Seafarer Name and Signed: .....

Date: .....

## Advanced Fire Fighting Updating Training Self Declaration Form

I ..... declare that in the last 5 years I have completed onboard training and gained experience for maintaining the required standard of competence in the following:

|  | Tick if completed        |
|--|--------------------------|
| <b>1. Control fire-fighting operations onboard ships:</b>  |                          |
| <ul style="list-style-type: none"> <li>• Fire-fighting procedures at sea and in port, with particular emphasis on organization, tactics and command</li> <li>• Communication and coordination during fire-fighting operations</li> <li>• Ventilation control, including smoke extraction</li> <li>• Control of fuel and electrical systems</li> <li>• Fire-fighting process hazards (dry distillation, chemical reactions, boiler uptake, fires)</li> <li>• Fire precautions and hazards associated with the storage and handling of materials</li> <li>• Management and control of injured persons</li> <li>• Procedures for coordination with shore-based fire fighters</li> </ul> | <input type="checkbox"/> |
|  | <input type="checkbox"/> |
|  | <input type="checkbox"/> |
|  | <input type="checkbox"/> |
|  | <input type="checkbox"/> |
|  | <input type="checkbox"/> |
|  | <input type="checkbox"/> |
|  | <input type="checkbox"/> |

I have completed the above onboard the following vessels:

| Vessel Name | IMO Number | Dates onboard | Ship/ Company stamp and Sign |
|-------------|------------|---------------|------------------------------|
|             |            |               |                              |
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|             |            |               |                              |

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Master or Company Reps Name: .....

Signed: .....

Seafarer Name and Signed: .....

Date: .....